



# Nycil News

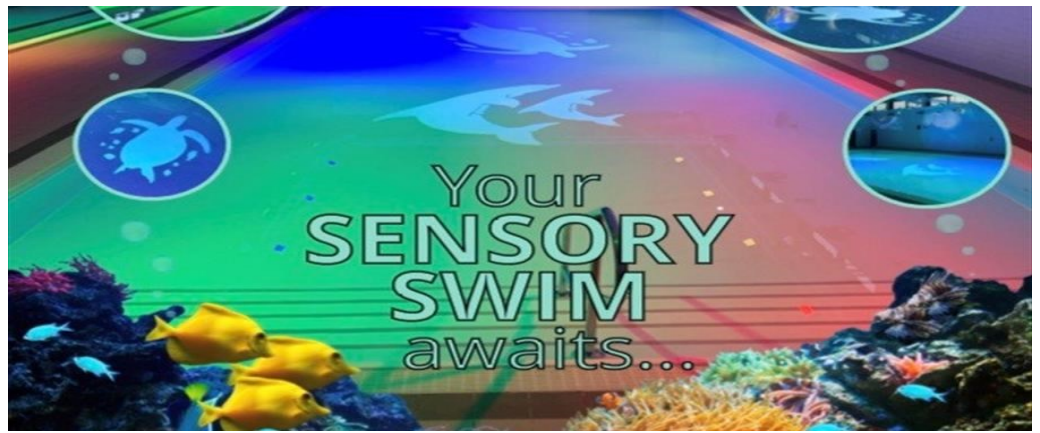
**ISSUE 1  
OCTOBER 2022**



We are pleased to hear that one of our clients, Mr Tony Mollica has been nominated in the Calendar Region for the Daily Mirror's "Pride of Britain Awards". The Awards celebrate the unsung heroes who go above and beyond to make their communities and the country a better place. Nominated by the public, the winners come from all walks of life, of all ages, and from all over the country. Tony, whose life changed nine years ago, after the sudden onset of a brain condition (Encephalitis), created the charity "Coastline Sight & Hearing". Established in 2022, the charity supports people living with sight and hearing loss and promotes social inclusion. We wish Tony all the very best and hope that he is successful in achieving the award.



## Scarborough Disabled Swim Group



At Scarborough Sports Village, there is a fortnightly swim session on a Saturday evening, which is open to anyone aged 50 or over, as well as anyone of any age with a disability or health condition that would benefit from our swim sessions, as well as their family. The sessions include various activities around three core themes: Swimming for Leisure (general swimming), Swimming for Rehabilitation (aqua-fit, rehab and exercise based activities, alongside aqua-sensory and Halliwick Water Therapy) and Swimming for Sport.

Visit [www.sdsg.org.uk](http://www.sdsg.org.uk) for more information on the sessions available and how to book. You can also call 01723 363600 or email at [contactus@adsg.org.uk](mailto:contactus@adsg.org.uk)



## Altogether Travel – Accessible Holidays



[altogethertravel](http://altogethertravel.co.uk)

Altogether Travel was established in 2011. Their vision was to create a travel company that provided its customers the freedom to enjoy a holiday. Their Holiday and Travel Companions replicate your support needs in the holiday destination of your choice. They are now the UK's number 1 supported holiday provider with Award-winning services for all things care and accessible tourism.

You can contact them on 0141 406 1821 or visit their website for more information on [www.altogethertravel.co.uk](http://www.altogethertravel.co.uk)

**Have you got an interesting story or an event/group you'd like us to promote?**

**Get in touch and we'll include it in our next newsletter, for free!\* Please contact us at:**

Nycil, Unit 26 Cayley Court, Hopper Hill Road, Scarborough, YO11 3YJ

**Tel:** 01723 588002 **E-mail:** [admin@nycil.org.uk](mailto:admin@nycil.org.uk) **Website:** [www.nycil.org.uk](http://www.nycil.org.uk)

**If you no longer wish to receive our newsletter please let us know.**

*\*items for inclusion are at the Editor's discretion and must be appropriate to the nature of the charity*

## Calling Personal Assistants (PAs)!

Paid Research Opportunities



**Pressure Ulcer  
Prevention at Home**

### Who can take part?

PAs who are employed (or have previously been employed) to support an adult with a long term, neurological condition (E.g. MS, Spina Bifida, MND, Muscular Dystrophy, Cerebral Palsy or Spinal Cord Injury), who lives at home.

### What is the project about?

We want to find out what PAs, service users and carers need to help prevent pressure ulcers at home. You do not need to know anything about research or pressure ulcers to take part.

### How can I get involved?

This is a flexible project, with different ways to get contribute:

1. Join a PA led research group to help plan and carry out the research. Group members will be offered a small fee and expenses.
2. Be interviewed about your experiences, opinions and insights (face to face or online) and receive a £20 shopping voucher.
3. Answer some questions via a smartphone app and receive a £20 shopping voucher.
4. Join a mailing list to hear about this and future research.



### Get involved, have your say!

Please visit <https://ctrul.leeds.ac.uk/pupstudy/>  
or contact: [PUPstudy@leeds.ac.uk](mailto:PUPstudy@leeds.ac.uk) for more information

Pressure Ulcer Prevention at Home.  
This project has been approved by the University of Leeds  
School of Medicine Research Ethics Committee (MREC 21-069)  
V2.0 08.08.22

UNIVERSITY OF LEEDS



## Beware of the Energy Rebate Scam!

North Yorkshire Police received a number of reports towards the end of September, from residents who have received a text message asking them to apply for the £400 energy rebate. **THIS IS A SCAM.**



The rebate is applied directly by the energy companies to your account, so you do not have to apply for it. The text message encourages the user to click on a link and is then asked to input banking details. The Police think the format will then follow similar scams (Royal Mail Delivery/Covid contact) where the victim will subsequently receive a call, claiming to be from their bank telling them they are monitoring suspicious activity on their account and they need to move their money to protect it. Remember, the police or bank will NEVER ask you to move money to a safe account.

**If you receive such a text, then you can report scam text messages by forwarding them to 7726 which is a free service.**



Department  
for Work &  
Pensions

## Cost of living support package - Update

The DWP has reported that it has some operational issues which have led to delays in issuing the £150 cost of living support payment due to be paid to people in receipt of disability benefits from 20th September. The cost of living payments are being issued automatically and you don't need to apply, however, if you don't receive your payment by the end of October, you should contact the DWP. The DWP said anyone already receiving, or who had successfully applied for their disability benefit by 25th May 2022, were expected to be paid shortly after 20th September. The process may take longer for those still waiting for confirmation of their disability benefits, or to be assessed for eligibility to receive disability benefits, on 25 May 2022.

## Love a Sing-Song ?.... Like to Knit and Natter?.... Then get along to Scarborough Library.....

Life is better when you are singing!  
**Scarborough Wellbeing Choir**  
@ The Library

Singing together every Thursday 4.30 to 5.30 pm  
in the concert room at Scarborough Library

Everyone is welcome!

We are open to anyone of any ability - no auditions,  
just the fun of singing together and making new friends

Your first session is free, £3 thereafter

email: [scarboroughwellbeingchoir@gmail.com](mailto:scarboroughwellbeingchoir@gmail.com)

facebook: Scarborough Wellbeing Choir



LibrariesWeek  
3-9 OCTOBER 2022

North Yorkshire  
County Council

## **Knutty about knitting? Crazy about crochet?**



**Come and join us every  
Wednesday 2:00pm-4:00pm**

**We can provide wool, needles and patterns.  
We can even teach you to knit!**